

Village Voice

January 2011

We have all the news from Hillside Village, Woodside Village, Aidylberg Village and the Love House.



Our wishes to all
for good health and a peaceful
New Year
2011

Birthdays to Celebrate

Woodside Village

1/7 Joan Hyer – WV2
1/9 Bill Thorp – WV2
1/16 Claire Currier—WV4
1/26 Ira Yaffee—WV5
1/29 Frances Maciel – WV1
1/30 Henry Kelly – WV1

Aidlyberg Village

1/25 Fortunata Metell—AV1
1/30 Arlaine DeLancey—AV1

Love House

1/20 Anne Cronin

Hillside Village

1/1 Mark Kurth – HV1
1/6 Taylor Higgins – HV1
1/18 Steve Soriano - HV1



Scheduling the Woodside Village 1 A Corridor Community Room

It is wonderful that the community rooms in Woodside Village 1 are being used for so many events, classes and groups. To avoid any confusion it is best to check the sign-up calendar.

The calendar for the **A Corridor Meeting Room** is on the bulletin board opposite the stairway by the main Community Room (near the front office) where you can see what events are scheduled. If you plan to use that room for an event, please use that calendar to reserve your time.

Woodside Village 1 Shopping Carts

Everyone is welcome to use the shopping carts to transport their groceries or other things to their apartments. However, when they stay in your apartment, your neighbors and other residents can't use them. Please remember to return the carts right after you use them, so other people can borrow them.



2011 VTA Bus Passes

The new bus passes for seniors (age 65 and over) are available for \$15. Please see **Ann Baird** (508-693-7009) or the passes are also available at the Woodside Village 1 Office.

News from Aidylberg

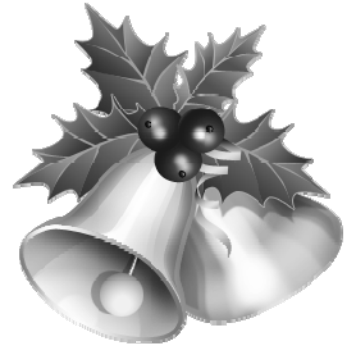
Celebrations! At the end of the month we had a brunch to celebrate **Tom Rogers'** birthday and to celebrate the New Year by tooting our horns and sipping sparkling apple cider.



Hillside Village

A huge thank you to **Master Chef Al Hopp** for a very delicious and wonderful Holiday Dinner. It was a special and festive celebration for Hillside!

A Happy New Year to all!



And thank you to **Robert Reed** of Hillside Village 1 for bringing the bakery items from Stop & Shop every week. It is a great treat for Hillside residents

please join us!



COFFEE HOUR

Woodside Village 2 Community Room

Wednesday January 19, 2011 at 9am

Join us for a delicious and fun coffee hour !

All IEH residents are welcome

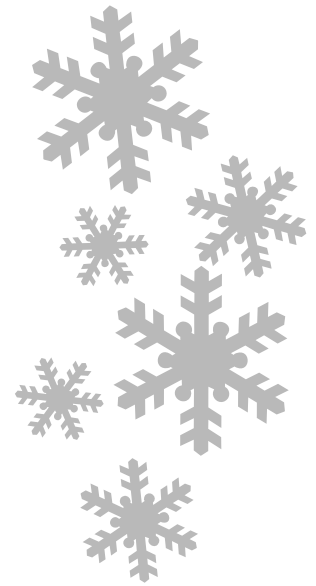
Woodside Village



A great variety of delicious food was brought by residents for the Woodside Village Holiday Party. **Norman Ethier, a Master MC**, provided music and festivities for everyone. Fun was had by all with the holiday Yankee swap!

More ...News and Notes from Staff

Cold weather and open windows — please remember how important it is to keep all windows closed for heat loss in the apartments and in the hallways and common areas of the buildings. If your apartment is too warm, you can adjust your thermostat. If you have any questions or need assistance, the Maintenance Department will be happy to help you.



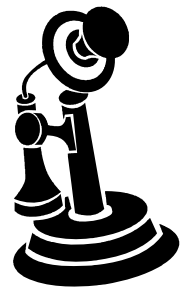
***FYI* ... Teen Center at the YMCA.** As many of you all ready know, the Y is starting construction on the Teen Center wing which is located on the Ice Arena side of the building. This is a small project compared to the original building so they are anticipating very little disruption or disturbance for the neighbors.



Reminder: Winter Snow and Ice can be very treacherous for driving and walking— please be very careful during these winter months. Ice melt is kept at the entrances to all buildings; if you see an icy patch, please feel free to use it.

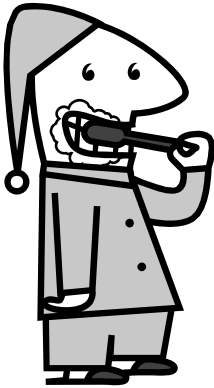
Important Phone Numbers

Dorothy Young, Property Manager	508-693-7555, ext. 14
Leslie Rizza, Site Manager Hillside	508-693-7577
Ann Baird, Service Coordinator	508-693-7009
Liam Carter, Maintenance Director	508-693-8318
Daytime cellphone	774-563-2149
Emergencies Nights and Weekends	774-563-2148
Blueberry Van – Kevin McFarland	508-693-5880 ext.15



Dental Clinic

Woodside Village 4 - Friday, January 14, 2011



Vineyard Smiles will provide free dental care to seniors who do not have access to regular dental care at a dental clinic that will take place on January 14. Vineyard Smiles is a mobile dental program of the Vineyard Health Care Access Program and Island Health Inc, local agencies that provide affordable health care to Vineyard residents. This service is made possible by a grant from the Permanent Endowment Fund.

The clinic will be held on **Friday, January 14, 9:00 a.m. – 2:30 p.m. at Woodside Village 4 Community Room**. You can pick up a registration form at the Main Office of Woodside or Hillside Village; please fill it out and return in to either office by Monday January 10 so an appointment can be scheduled.

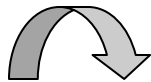
Licensed professional dental hygienists from Polished Teeth LLC are pleased to be providing services to Island seniors. Whether you have some or all of your teeth or dentures, you will receive an oral exam, cleaning and fluoride treatment. If you are at high risk for medical problems resulting from a cleaning you may receive limited services. If you have questions please call **Ann Baird at (508) 693-7009** or **Sarah Kuh, Vineyard Smiles Director, at (508) 696-0020 x11**. We look forward to seeing you at the Vineyard Smiles Dental Clinic!



Stay healthy — Chair Exercise Class

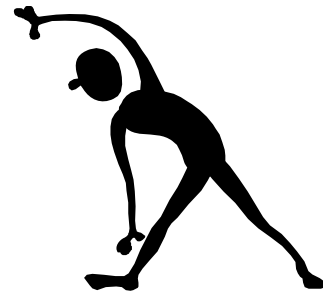
Mondays at 10am with **Myron**

New location:

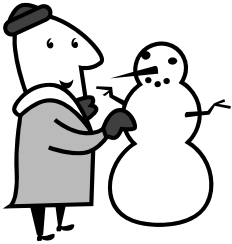


Woodside village 1 A Corridor Meeting Room

Join us for a fun and healthy weekly exercise.



“Dinner at 5”



WITH MOVIE MASTER HANK

January Menu

Woodside Village 2 Community Room

Thursday, January 6

Beans and Franks
Salad and rolls
Dessert

Thursday, January 13

Hearty winter soup
Salad and rolls
Dessert

Thursday, January 20

Meatloaf and mashed potatoes
Vegetable and salad
Dessert

Thursday, January 27

Special Event!

The **High School** students and **kinder-garteners** from the **Charter School** will be serving **LUNCH!**

Watch for poster with more details

Remember to call Ann Baird to sign up 693-7009

January 2011 Calendar

Blood Pressure Clinics

Hillside: Wed., January 5 @ 10:00am (first Wednesday of the month)

Aidylberg: Thurs., January 20 @ 10:30am (third Thursday of the month)

Woodside 1: Mon., January 31 @ noon (last Monday of the month)

Woodside 2: Mon., January 31 @ 1:15pm (last Monday of the month)

Rosary – Thursdays at 3:30pm at WV1

Bingo – Woodside Village - Tuesdays at 6:30pm at WV1

Hillside Village – Tuesdays at 6:00pm at HV2

Movies – Thursdays @ 6:30pm at WV2 - Hank Sjostrom is the *Movie Manager!*

AA Weekly Meeting for IEH Residents – Mondays and Fridays at 3:30pm at WV1

Quahogging on Sengekontacket **Jeannette Bigelow, Woodside Village 1**

When asked to write about a hobby, it was extremely hard to pick only one. My friends assumed that I would chose to write about genealogy which has been my passion since 1972. Buy when I started to write, I realized a great, if not greater, passion for quahogging.

There is something about the peacefulness, the exquisite beauty that surrounds the clam flats. The blue water, the blue sky, the white sand makes me feel as one with the universe.

The technique that I developed over the years is somewhat unorthodox. Supplies are few: bathing suit, heavy duty household gloves, old tennis shoes, kerchief, sun block, a quahog basket and a clam license, clam gauge and I am off for Sengekontacket.

Upon entering the water, my sneakers almost on their own feel around for that special feeling. Is that object a rock or a quahog? When I find one quahog, I sit down in the water (hence the bathing suit) and I start feeling around with my gloved hand. A raking motion 350 degrees around my body covers the field within reach. Seldom is one quahog alone in an area.

When a clam is brought up it is checked with the gauge. All keepers are tossed in the wire basket. Because the basket is under the water, a capped empty plastic bottle is attached with a long piece of string to float above the basket. It would make a grown man cry to lose a full basket out there in all that water because the tide came in and covered it.

Speaking of tides, the newspaper published the day's tides and the time for clamming is one hour before low tide. That gives one two hours of the lowest tide to get the little beauties. Do watch the tides because the water can come in while you are busy and cut off your way back to shore.

You are rewarded for all your "hard" work by having little necks (the smallest ones) on the half shell with cocktails and clams casino with the cherry stones (the medium-sized ones and of course the Vineyard's famous quahog chowder with the large. Last but not least, let's not forget the stuffers.

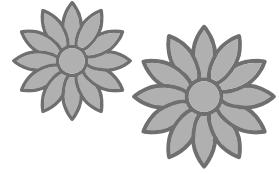
Quahogs last a couple of weeks in the bottom of your refrigerator. The chowder ones are easily opened by a short spell in the microwave, just long enough for them to open ever so slightly.

Because I am confined now mostly to a wheelchair, cane or walker, I have been unable to indulge in my longing for clamming for years. The longing became too much this summer when, at the age of 76 with the aid of a strong male friend, my niece and my walker , I once more made my way into Senge. What a glorious undertaking.

It is impossible to describe the peace, the breeze on your face, the sun on your shoulders, the seagulls cry, the sound of the ocean. Ah, bliss.

have a winter smile ...join us on Wednesdays

The Cheerful Hour



every Wednesday at 3-4pm
Community Room in "A Corridor" Woodside Village 1

We wish you all a 2011 of good health
and
good cheer!!

The Cheerful Hour

For one hour every week
a cheerful state of mind
we seek.

We leave our troubles
at the door.

And try to smile a little more.
Our growing older every day
is not for sissies
(as "they" say")
but at least we're all
together.

Slightly molting
"birds of a feather"
for lately I feel like
I am molting
losing hair and teeth
(somewhat revolting).
Well, this is how it is today
but it was not always
thisaway!!!

C.F.S. Woodside Village 1



All the Staff of IEH want to thank residents for their greetings, phone calls and thoughtfulness during the holidays. The Holiday Tea was great and we were so glad that residents could come during this busy time of year. It was a festive and merry event!

*We wish the IEH community
a very Happy New Year !*